

## June is National Safety Month

### What is "Safety?"

Safety means different things to different people. According to Webster's Dictionary, safety means the state of being "safe" (from the French word *sauf*), the condition of being protected against physical, social, spiritual, financial, political, emotional, occupational, psychological, educational or other types or consequences of failure, damage, error, accidents, harm or any other event.

With such a broad definition, it is no wonder it is nearly impossible to get people to commit to a specific safety plan or safety procedure. Government attempts to define what exactly makes a work area safe, but if everyone doesn't believe the definition or explanation then the system breaks down. That is, if workers feel safe in their work area then they are not going to make the effort to enforce what they feel are unnecessary rules or regulations.

Companies that have excellent safety records develop a safety culture where everyone believes that certain safety acts or procedures need to be followed in order to have a safe work area. There are even presentations by motivational speakers that focus on changing the audience's attitude towards safety. Making people aware of their surroundings and how safe they are is an important factor in getting the buy-in that is needed to have a truly safe work environment.

So remember to think about safety and what it means to you. Then try to get your coworkers to do the same; you might be surprised at what can be accomplished if everyone just becomes a little more aware of the safety of their work environment.

<https://www.cmu.edu>



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# WORKPLACE INJURIES

BY THE NUMBERS



**Every 7 seconds...** a worker is injured on the job.

**540**  
per hour

**12,900**  
a day

**90,400**  
a week

**4,700,000**  
a year

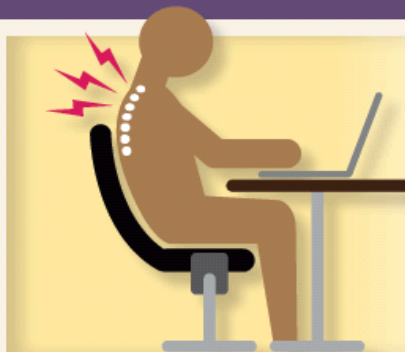


**99,000,000 =** Production days lost due to work-related injuries in 2014

## Most common types of injuries keeping workers away from work



Sprains, strains or tears



Soreness or pain



Cuts, lacerations or punctures



# TOP 3

workplace injury events resulting in lost work days



## 1. OVEREXERTION

- Lifting or lowering
- Repetitive motions

**35%**  
OF INJURIES

## 2. CONTACT WITH OBJECTS AND EQUIPMENT

- Struck by or against object or equipment
- Caught in or compressed by equipment or objects
- Struck, caught or crushed in collapsing structure, equipment or material

**25%**  
OF INJURIES

## 3. SLIPS, TRIPS AND FALLS

- Falls to a lower level
- Falls on the same level

**25%**  
OF INJURIES

### Helpful Tips:

- Avoid bending, reaching and twisting when lifting
- Take frequent short breaks
- Store heavy objects close to the floor
- Be aware of moving equipment/objects in your work area
- Wear the proper personal protective equipment
- Place the base of ladders on an even, solid surface
- Use good housekeeping practices

# TOP 5

occupations with the largest number of workplace injuries resulting in days away from work



1.

**Service**

(Includes firefighters and police)



2.

**Transportation/  
Shipping**



3.

**Manufacturing/  
Production**



4.

**Installation,  
maintenance  
and repair**



5.

**Construction**



## Prevention is Power

Take action and spare your workers needless pain and suffering. Join the *Journey to Safety Excellence®* and gain access to free, practical tools and resources to help prevent these injuries in your workplace.

**Visit [nsc.org/journey](http://nsc.org/journey) today!**

Sources: National Safety Council, *Injury Facts®* 2016 edition, U.S. Bureau of Labor Statistics



# Skin Cancer

Excessive exposure to the sun and other sources of ultraviolet (UV) radiation is clearly associated with a higher risk of multiple forms of skin cancer. Since skin cancer is diagnosed in over one million Americans every year (and rising), experts from the American Cancer Society, the National Cancer Institute, the American Academy of Dermatology, the National Comprehensive Cancer Network, and many other organizations are unanimous in strongly recommending that you should reduce your time in the sun. That sounds simple, but how much sun is too much? Who is most at risk? What are the most effective ways to protect yourself? Here are answers to frequently asked questions about sun safety.

## **Am I At Risk for Skin Cancer?**

People of all races and skin colors can develop skin cancer, but some are more susceptible than others. If you have one or more of the following risk factors, you should be especially vigilant about reducing your UV exposure:

- Fair skin
- Blue, green, or hazel eyes
- Blond or red hair
- Freckles
- Moles (especially 50 or more)
- Family or personal history of skin cancer

## **When and Where Is the Sun Most Dangerous?**

UV radiation from the sun is especially damaging under certain conditions, including the following:

- from 10 a.m. to 4 p.m.
- from mid-Spring through mid-Fall
- at latitudes nearer the equator (for example, Florida)
- at higher altitudes
- when there is no thick cloud cover (and clouds only block 20 percent of UV rays)
- near water, snow, or other highly reflective surfaces

Sun damage accumulates over time, so if you find yourself in these conditions often, consistent protection is a must. Remember that besides skin cancer, the sun can also cause cataracts and other eye problems, a weakened immune system, unsightly skin spots, wrinkles, and "leathery" skin.

## **What Is the Most Effective Way to Protect Myself?**

If you answered "sunscreen," you're wrong. The most effective way actually is to simply stay out of the summer sun in the middle of the day. If that's not possible, wearing dark, tightly woven clothing and a wide-brimmed hat also works. Only then comes

sunscreen, which isn't a panacea and shouldn't be exclusively relied upon. Here are some more tips to protect yourself:

- Wear sunglasses that include a warranty stating they provide 99-100 percent UVA and UVB (broad-spectrum) protection.
- Apply one ounce (a palm full) of sunscreen to all exposed skin 15 minutes before venturing outdoors. The sunscreen container should specify a sun protection factor (SPF) rating of 15 or above and should state that it provides broad-spectrum (UVA and UVB) protection. Lotion or cream based sunscreens tend to adhere to the skin longer, thus providing better protection.
- PABA-free sunscreens are recommended for persons with sensitive skin. Susceptible individuals may also want to avoid oxybenzone and dioxybenzone. Products that contain avobenzone (Parsol 1789), ecamsule, zinc oxide, or titanium dioxide are considered broad spectrum sunscreens and are thus offer protection against UVB and most UVA rays, as well as help reduce the development of wrinkles and skin aging.
- Depending on your activity (swimming, sweating), sunscreen should be re-applied at least every two hours.
- The SPF number on the sunscreen indicates how many times longer, under ideal conditions, a person can stay out in the sun without beginning to turn red in comparison with the amount of time totally unprotected skin would start to burn. Research indicates these numbers are sometimes overstated.
- Avoid tanning salons, beds, and sunlamps.

#### **Do Children Need Extra Protection?**

Yes. Up to 50 percent of an individual's lifetime contact with sunshine occurs before adulthood. Studies also show that the more incidents of sunburn kids have, the higher likelihood that they will develop skin cancer decades later. So it is especially critical to protect them from the sun. Here are a few tips:

- Babies six months of age or younger should be kept completely out of the direct sun at all times. In addition, sunscreen shouldn't be applied to babies this age.
- For children over six months, apply sunscreen *every time* they go outside.
- Children's swimsuits made from sun-protective fabric and designed to cover the child from the neck to the knees are available and quite popular.

#### **Are Tanning Salons Healthier Than the Sun?**

No. Tanning lamps give out UVA and frequently UVB rays as well and so can cause serious long-term skin damage and contribute to skin cancer. Remember, tanning is a sign of skin damage and does nothing to protect the skin from further injury. Experts recommend that you prioritize your health over vanity and avoid tanning salons altogether.

The sun causes an estimated 90 percent of skin cancer cases. Reducing your exposure to UV radiation now is a simple, easy, and effective way to prevent a potentially devastating cancer later.

<https://www.verywell.com/sun-safety-101-3010829>



# Ride to Work Day



On June twentieth of this year, the number of motorcycles and scooters on roads and highways will more than double as many riders become two wheeled commuters to help demonstrate that riding is an efficient, economical form of personal transportation which makes parking easier and helps traffic flow better. This year marks the twenty-fifth annual worldwide event, which involves riders of all ages occupations, and from all walks of life.

“Motorcycles and scooters consume less resources per mile than automobiles, and they take up less space in parking areas and on roads. Riders seek employer support for this efficient form of transportation, and more government and public awareness about riding’s many benefits,” states Andy Goldfine, the program organizer.

Commuting on this day shows the positive value of motorcycles and scooters for transportation. For hundreds of thousands of workers, motorcycles and scooters are an economical, efficient and socially responsible form of mobility that saves energy, helps the environment and provides a broad range of other public benefits. Motorcycling and scootering clubs around the world encourage their members to ride to work on this annual day.

According to the United States Census Bureau and the US Department of Transportation, over eighty million cars and light trucks are used for daily commuting on American roads, and about 200,000 motorcycles and scooters are a regular part of this mix. On Ride To Work Day, the practical side of riding becomes more visible as a larger number of America’s 8,000,000 cycles are ridden to work.

On Ride to Work Day, there are an estimated 150,000 additional Ride to Work Day commuting motorcycles and 150,000 less commuting car, light truck and SUVs. A 6 mile (avg) commute x 2 (both ways) x 150,000 commuting car, light truck and SUV’s = 1,800,000 car, light truck and SUV miles. 1,800,000 car, light truck and SUV miles / 20 mpg (avg) = 90,000 gallons. 90,000 less car, truck and SUV gallons minus 30,000 more gallons used on Ride to Work Day = 60,000 less gallons of fuel used on Ride to Work Day. If every work day were Ride to Work Day, 60,000 gallons saved x 250 work days = 15,000,000 less gallons used per year.

<http://www.ridetowork.org/>



**RIDE SMART FLORIDA**



# 25th Annual International Motorcycle & Scooter

## **RIDE TO WORK DAY**

Monday, June 20th, 2016



[ridetowork.org](http://ridetowork.org)



# Word Search Puzzle

T U P M S I J E D P D C O H I E S S P N  
 K R C R P T R J R E O T C W N R A C T D  
 T R A B O U R O Y N N L C R C U F R R E  
 U N L N L C T A S I A L U S I T E K L W  
 K K E I S E E T I N Y W P K D L T T S O  
 K R A M C P R D O N Z F A I E U Y X N J  
 N F O T N U O I U P S G T N N C S Z O D  
 I E I W C O T R U R E S I C T Z P G I X  
 S O R T O O R N T C E D O A S P I N T Y  
 N P I D M T C I N A A S N N D U R O A A  
 X O I E L T E A V M T N A C M E T T R D  
 N U K L U I N D A N S I L E W V O M E S  
 V E U R S E H G I I E A O R P B F M C R  
 G F E L T V E C T R S S E N E R O S A E  
 E S L N H Y L L A N O I T A C U D E L H  
 C A I R E L C Y C R O T O M P K E D O T  
 F A T I C A C C I D E N T S M S S O Q A  
 M S P R A I N S R E M M U S B J R L K F  
 U L T R A V I O L E T D C H A J Y S K J  
 M O L E S K Z A N L S P Q Q Z L J W A N

ACCIDENTS  
 CHILDREN  
 CONSTRUCTION  
 CULTURE  
 DAMAGE  
 EDUCATIONAL  
 EMOTIONAL  
 ENVIRONMENT  
 FAILURE  
 FALLS

FATHERS DAY  
 INCIDENTS  
 LACERATIONS  
 MAINTENANCE  
 MOLES  
 MOTORCYCLE  
 OCCUPATIONAL  
 PROCEDURES  
 PROTECTION  
 PUNCTURES  
 RIDETOWORK

SAFETY  
 SKIN CANCER  
 SLIPS  
 SORENESS  
 SPRAINS  
 STRAINS  
 SUMMER  
 TRANSPORTATION  
 TRIPS  
 ULTRAVIOLET

The Safety Advisor puzzle is generated from the  
<http://school.discoveryeducation.com/>  
 Omissions or errors are possible and are the sole responsibility of the program  
 and not the producers of this Newsletter.



# SAFETY SLOGANS

**In the hot summer heat don't be a fool, drink plenty of water and try to stay cool.**

**Beauty is skin deep, so is skin cancer.**

**Safety is a cheap and effective insurance policy.**



**Hotline**

***Safety Hot Line***  
**(850) 414-5255**

**You can report hazards by telephone.  
You can remain anonymous.  
Everything is confidential.**

**Hotline**

**Hotline**

**Hotline**

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Our internet address is: [www.dot.state.fl.us/safety](http://www.dot.state.fl.us/safety)

Our intranet address is: [Infonet.dot.state.fl.us/safetyoffice/](http://Infonet.dot.state.fl.us/safetyoffice/)



**Safety Advisor Customer Satisfaction Survey**

We are interested in your opinion. In order to better serve your needs,  
please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

Attention: Industrial Safety  
Florida Department of Transportation  
605 Suwannee Street, MS 53  
Tallahassee, FL 32399

**Safety Slogan of the Month Entry Form**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		

What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)

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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

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Please Print  
Safety Slogan

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Name: \_\_\_\_\_ Location/Office: \_\_\_\_\_

District: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10 PAY DAY	11
12	13	14 Flag Day	15	16	17	18
19 Father's Day	20 Summer Solstice	21	22	23	24 PAY DAY	25
26	27	28	29	30	1	2

## THE MONTH OF JUNE

June 2016 is Observed as	National Safety Month; Men's Health Month; and Cancer from the Sun Month.
Birthstone	Alexandrite, Pearl, & Moonstone.
Fruit & Veggies for the Month	Cherries; Plums; Pluot; Aprium; and Okra.
June Flower	Rose.
Astrological Signs	Gemini (till 20th) & Cancer (beginning 21st).
Other Notable May Dates & Events	June 8: World Oceans Day; June 20: Ride to Work Day.